



Winter flu vaccine available at FHCC

By LT William Eickmeyer

Lovell FHCC Environmental Health Officer

Peak season for influenza is from January to March, with the high rates of illness in February. The Centers for Disease Control and Prevention advises that flu activity in the United States continues to be low nationally, making this an excellent time to get a flu immunization.

Vaccination continues to be the best way to prevent flu. Everyone 6 months and older should be vaccinated with the current seasonal flu vaccine, even if they received a seasonal or 2009 H1N1 vaccine last season.

Some people -- such as the elderly, young children, and people with certain health conditions -- are at high risk for serious flu complications. The best way to prevent the flu is to get vaccinated each year.

The Immunization Clinics at the Captain James A. Lovell Federal Health Care Center are open daily to administer your influenza vaccination:

Active duty military or GS/WG employee on Naval Station Great Lakes:

- Vaccinations at the Fisher Branch Health Clinic (Bldg. 237)
- Mon. through Fri. (7:30 a.m. to 3 p.m.)

Veterans:

- Vaccinations during the regularly scheduled clinic visit, or by a scheduled nurse clinic appointment.

Military family members:

- Vaccinations at the Immunizations Clinic of the Lovell FHCC West Campus Ambulatory Care Clinic (Bldg. 133 E & F)
- Mondays through Wednesdays and Friday (8 a.m. to noon; 1 to 4 p.m.); Thursdays (8 a.m. to noon). No appointment necessary; please bring your health record.

Healthcare employee on Lovell FHCC East or West Campuses:

- Vaccinations at the nearest FHCC vaccination clinic; no appointment necessary.

Quilting to honor a hero

Vietnam Veteran selected first Lovell FHCC Quilt of Valor recipient



(Center) U.S. Army Veteran Nate Davenport receives a Quilt of Valor from Dorothy Roderick, a member of the Libertyville Delta Kappa Gamma international service group Dec. 12 at the Captain James A. Lovell Federal Health Care Center. Davenport is the first Lovell FHCC recipient of the honor. (Photo by Karen Fleming)

By Jonathan Friedman

Lovell FHCC Public Affairs

When asked to describe the attributes of a handmade quilt, most people consider the warmth, detail or comfort it brings. Few, however, would probably associate its recipients with heroism or courageousness. Still, this is exactly the purpose of the Quilt of Valor. Dorothy Roderick of Libertyville was the project organizer and presented a Quilt of Valor to U.S. Army Veteran Nate Davenport on Dec. 12 at the Captain James A. Lovell Federal Health Care Center.

"It was really a high honor for me to receive this quilt, but the guys who were left behind deserve it more than me," said Davenport.

The quilt concept is sponsored by the Quilts of Valor Foundation, whose focus is bringing healing and comfort by covering all warriors and combat Veterans who have been touched by war.

"The purpose of the Quilt of Valor project is to cover every active-duty military member

and every Veteran with a quilt," said Marianne Semrad, Captain James A. Lovell Federal Health Center Associate Director of Facility Support. "It has such a wonderful purpose behind it and sends a great message."

On Nov. 20 with sewing machines, scissors, irons, fabric and thread to create a veritable quilt-making assembly line; Dorothy Roderick, along with Amy Walsh of Boling Brook who prepared the quilted top, Mary Stewart of Delavan who quilted the top and bottom together worked with two dozen members of the Lake Forest Beta Upsilon and Libertyville Alpha Nu chapters who pieced quilt blocks together.

"Quilts are a symbol of warmth and rest and care," said Roderick of why the project is meaningful to her. "This is what we want for our Veterans. We want them to know how much we appreciate the gift they have offered up on our behalf."

A Chicago native, Davenport joined the U.S. Army in November 1968 and served in

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Leadership Commentary

Use team building philosophy to approach 2011 opportunities

Patient-centered approach embraces diversity and relies on everyone’s strengths to ensure positive outcomes



By Patrick L. Sullivan
Lovell FHCC Director

I’m a big fan of team building exercises. These tests not only remind us of our diversity and strengths, but they often force us to reexamine how we approach a

challenge. Too many times, we take on challenges in a “cookie-cutter pattern,” presuming that every problem-and-solution fit within the same mold. It rarely does. This is why team building is so great; we examine and approach problems with fresh eyes, building upon individual strengths to reach a common goal.

As we step into the New Year, this approach toward a common goal couldn’t be more important. We are a diverse group -- both professionally and geographically - - and it’s our reliance upon one another that is our strongest asset.

From our Branch Medical Clinics

“We are a diverse group -- both professionally and geographically -- and it’s our reliance upon one another that is our strongest asset.”

that ensure a strong and healthy fleet of sailors are expediently ready to serve our nation, to our Community Based Outpatient Clinics who reach out and bring vital medical services to patients beyond our primary campus, it is our diverse nature that makes us who we are.

While approaching opportunities, challenges and concerns in 2011, remember that our promise of “Readying Warriors and Caring for Heroes” solidifies our commonality. It’s a continual reminder that we’re not just an ordinary health care center. It’s the

measurement of our performance and our reason for being here.

Our team building exercise is clearly much bigger than a theoretical challenge, and the stakes are undoubtedly greater. This is exactly why it is so important that we embrace this principle. So, in the coming months, open yourself to new approaches, carefully consider new ideas, and always bring yourself back to the same, vital question: *Is this in the best interest of the patient?*

Together, we will prove why our patient-centered approach is unmatched.

Bldg. 200H Transition to Lovell FHCC

By Jonathan Friedman
Lovell FHCC Public Affairs

Beginning December 2010, clinics and operations began transferring from Naval Station Great Lakes’ Bldg. 200H to the Captain James A. Lovell Federal Health Care Center’s West Campus.

What follows are the scheduled moves for January and February 2011. All information is subject to change; the most up-to-date transition information can be found at www.lovell.fhcc.va.gov.

***NOTE:** Veterans should continue to call (800) 393-0865 for appointments.

Jan. 3, 2011 (Monday) Dermatology Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133E; Basement Level)
- **Appointment Contact:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Specialty Medicine

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133E; Basement Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Jan. 5, 2011 (Wednesday) Wellness Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; 1st/Ground Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Women’s Health Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133E; 1st/Ground Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Radiology

- **New Location:** Lovell FHCC West Campus (Bldg. 133CA-D; 2nd Floor)
- **Contact:** 224-610- 4346
- **Hours:** 7:30 a.m. to 4 p.m. (non-emergency)

Chapel Services

- **New Location:** Lovell FHCC West Campus (Bldg. 4; Rm. 32)
- **Contact:** (224) 610-3715
- **Hours:** 7:30 a.m. to 4:30 p.m.

Jan. 6, 2011 (Thursday) Nutrition Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133 E & F; Ground Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Jan. 10, 2011 (Monday) Optometry Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; Basement Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Ophthalmology Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; Basement Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Jan. 14, 2011 (Friday) Medical Records (File Room)

- **New Location:** Lovell FHCC West Campus (Bldg. 133CA, Rm. BD100)
- **Contact:** 224-610-3396
- **Hours:** 7:30 a.m. to 4:30 p.m.

Medical Records (Release of Information)

- **New Location:** Lovell FHCC West Campus (Bldg. 133, Rm. BA141)
- **Contact:** 224-610-5492
- **Hours:** 7:30 a.m. to 4:30 p.m.

Jan. 20, 2011 (Thursday) Patient/Customer Service

- **New Location:** Lovell FHCC West Campus (Bldg. 133, Rm. 1D-103)
- **Contact:** (224) 610-4205
- **Hours:** 8 a.m. to 8 p.m.

Jan. 21, 2011 (Friday) Central Supply

** Please note that the Central Supply functions at Bldg. 200H are now accomplished at various locations on the Lovell FHCC West Campus.*

Feb. 5, 2011 (Friday) Mental Health Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; 3rd Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Feb. 11, 2011 (Friday) Substance Abuse Clinic

- **New Location:** Lovell FHCC West Campus (Bldg. 131; 2nd Floor)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.



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The Apollo

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The newsletter is designed and published at the Lovell FHCC in the Communications Department.

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Thirty-three promoted at ceremony

First “frocking” ceremony at Lovell FHCC a huge success



Thirty-three sailors from the Captain James A. Lovell Federal Health Care Center were promoted to their next rank during a “frocking” ceremony Dec. 10. (Photo by Jonathan Friedman)

By Jonathan Friedman
Lovell FHCC Public Affairs

As an organization known for firsts, leadership of the Captain James A. Lovell Federal Health Care Center promoted their first 33 sailors in a “frocking” ceremony for non-commissioned officers Dec. 10.

Frocking is a process of wearing an assumed rank prior to their official promotion. When selected for promotion, but awaiting a “line number” to pin on the new rank, a commander can allow a sailor to assume the new rank early. While the sailor’s pay isn’t updated until their promotional line number is actually released, the ceremony honors them with the wearing of a higher rank.

Being promoted to Petty Officer 1st Class:
HM2 Benjamin E. Swanson
HM2 Ariel Ampier
HM2 Bryan A. Foster
HM2 Fernando Orellana
HM2 James M. Petersohn
HM2 Kleinne V. Lapid
HM2 Oather Walker

Being promoted to Petty Officer 2nd Class:
HM3 Bruce A. Watt
HM3 Cassandra M. Wildey
HM3 Richard Spells
HM3 Cody D. Wood
HM3 Bryan S. Davis
HM3 David Kingle
HM3 Lael C. Johnson
HM3 Margeaux Gleason
HM3 Nicholas J. Thibault
HM3 Philip Trent
HM3 Solomon Sum
HM3 Nikita Brown
HM3 Thomas J. Andes
HM3 Brandon Nevills
HM3 Steven Kuhn

Being promoted to Petty Officer 3rd Class:
HN Christopher J. Asta
HN Christy L. Thomas
HN Earl Gillum
HN Cordarow D. Mack
HM Davis Bently
HN Eugene M. Barnhart
HN Ryan D. Stramel
HN Joshua F. Winter
HN Johnathan Fugoso
HN Julian Johnson

Nation’s first “Patriot’s Store” open at FHCC

By Jonathan Friedman
Lovell FHCC Public Affairs

A ribbon was cut Dec. 3 at that Captain James A. Lovell Federal Health Care Center, opening another first-of-its-kind store within the nation’s first Department of Veterans Affairs and Department of Defense federal health care center.

The new “Patriot’s Store” is part of the Veterans Canteen Service, and like most VCS facilities, it offers a variety of foods, goods and services to its customers. However, with the unique integrated role of the Lovell FHCC, the Patriot’s Landing also offers items specific to the needs of military members.

“To succeed in our mission, it was vital that we were not only offering our standard assortment of goods, but that we were offering items that were important to our military members and our Veterans,” said Kim Wasilewski, Lovell FHCC Assistant Patriot’s Service Chief.

At a cost of just over \$100K, Wasilewski noted that the newly renovated 1,700 square-feet of space allow them the room to offer military equipment and uniform items -- a first for any Veterans Canteen Service.

“After serving for more than 21 years with the Veterans Canteen Service, I can honestly say that this is -- by far -- the most extraordinary change I’ve ever taken part in,” said Sharon Daugherty, Lovell FHCC Patriots Service Chief.



(From left) Patrick L. Sullivan, Sharon Daugherty, Kim Wasilewski and Sylvia Wallace cut the ribbon that officially open the newly-renovated store Dec. 3.

Force Health Protection team recognized for H1N1 plan

Former Naval Health Clinic Great Lakes’ team only second recipient of coveted military surgeons award

By Jonathan Friedman
Lovell FHCC Public Affairs

In April 2009, the world was focused on the H1N1 influenza pandemic and how to keep their loved ones safe. For the Force Health Protection team at the former Naval Health Clinic Great Lakes (now Captain James A. Lovell Federal Health Care Center), this concern was much larger. Faced with the daunting task of preventing H1N1 from spreading across nearly 75,000 people from 195 agencies within 13 states, the team implemented a robust plan and kept the pandemic at bay.

Recently, the 19-member team was awarded the Association of Military Surgeons of the United States’ (AMSUS) Force Health Protection award for the successful planning and implementation of their plan.

“This was an enormous team effort,” said U.S. Navy Capt. Kathleen Michel, Captain James A. Lovell Federal Health Care Center Associate Director of Fleet Medicine. “With the help of our Military Entrance Processing Command, Recruit Training Command and Training Support Command partners, this extraordinary team set a plan into motion that prevented a H1N1 pandemic in our community.”

Through an in-depth plan, the team used a variety of methods and resources to keep the population safe, including a public information campaign for education and awareness, clinical flu screening and surge plans, vaccination and medication dispensing plans, and a large number of plans to support the implementation.

“The Hospital Incident Command demonstrated unprecedented synergy of effort to create a dynamic plan to prevent and control the threat of H1N1 influenza in the military community,” said Mark Lesko, Captain James A. Lovell Federal Health Care Center Head of Occupational Health Medicine.

The AMSUS Force Health Protection Team award recognizes an organization or team that have made significant contributions to ensure military and/or Veterans are provided health services necessary for mission readiness or optimal health functionality.

Lovell FHCC ships boxes to deployed military members

Staff members in 7th year of sending worldwide care packages as part of Operation Military Pride

By Jonathan Friedman
Lovell FHCC Public Affairs

Somewhere in Kuwait, Cuba, Afghanistan and Iraq last month, military members were preparing for a holiday season away from their home and loved ones. Thousands of miles away, in North Chicago, Ill., staff members from the Captain James A. Lovell Federal Health Care Center were gathering and shipping gifts for those same military members.

For the seventh year, the federal health care center collected donations from staff and local grocery and department stores, shipping more than 60 boxes as part of Operation Military Pride.

Beve Bartley, Captain James A. Lovell Federal Health Care Center Health Systems Management Trainee, led the team that prepared the boxes for shipment. “This is really a huge job, and I’m always overwhelmed by the generosity of people,” said Bartley about the process of collecting and shipping the donations. “People donate their time, money and muscle to make this happen. It’s really astounding.”

For HM3 Wesley Michael, the practice of sending care packages overseas was more



(From left) Captain James A. Lovell Federal Health Care Center Staff Members Nidhi Patel, HM3 Wesley Michael, Beve Bartley, Karen Brodlo, Deborah Russell, Bryan Fong, Jesse Cabuyadao and HM3 Randi Tamez packed more than 60 boxes as part of Operation Military Pride Dec. 2. (Photo by Jonathan Friedman)

personal than simply packing boxes. “I have many friends that have deployed -- and will be deployed -- over the holiday season,” said Michael. “For me, this is just a way to show how much we really appreciate their sacrifice.”

More information about the program can be found at www.operationmilitarypride.org. Donations are also accepted year-round at the Lovell FHCC, and can be coordinated by calling 224-610-3139.

Past Bldg. 200H Transitions (Cont.)

(Continued from page 2)

An alphabetical listing of clinics and services that transitioned from Naval Station Great Lakes’ Bldg. 200H to the Captain James A. Lovell Federal Health Care Center’s West Campus in December 2010:

Audiology Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133E; 2nd Level)
- **Appointment:** (224) 610-3759
- **Hours:** 7:30 a.m. to 4 p.m.

Cardiology Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; 2nd Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Coumadin Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; 2nd Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Dental

- **New Location:** Naval Station Great Lakes, Bldg. 237 (Zachary and Elizabeth Fisher Clinic)
- **Appointment:** (847) 688-3331 x0
- **Hours:** 7:30 a.m. to 3:30 p.m.

Ear Nose Throat (Otolaryngology) Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133E; 2nd Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Family Practice

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; 1st/Ground Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

General Surgery Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133E; 2nd Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Internal Medicine

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; 1st/Ground Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7 a.m. to 4 p.m.

Laboratory (Primary)

- **New Location:** Lovell FHCC West Campus (Bldg. 133CA; Rm. BD116, Basement Floor)
- **Contact:** Walk-in
- **Hours:** 7 a.m. to 4:30 p.m.

Laboratory (Satellite)

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133E; Basement Level; Rm. BE125)
- **Contact:** Walk-In
- **Hours:** 7:30 a.m. to 4:30 p.m.

Lipid Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; 1st/Ground Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Neurology Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; 2nd Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Orthopedic Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; Basement Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

Pediatrics

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133E; 1st/Ground Level)
- **Appointment:** (800) 941-4501
- **Hours:** 8 a.m. to 4 p.m. (Monday – Friday); 7:30 a.m. to Noon (Saturday)

Pharmacy

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; 1st/Ground Level)
- **Contact:** (800) 941-4501
- **Hours:** 8 a.m. to 5 p.m. (Monday – Friday); 8 a.m. to Noon (Saturday)

Pulmonary Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133F; 2nd Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

TRICARE Service Center

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133 Lobby; 1st/Ground Level)
- **Contact:** Walk-in only
- **Hours:** 8 a.m. to 5 p.m., except federal holidays

Urology Clinic

- **New Location:** New Ambulatory Care Addition of the Lovell FHCC (Bldg. 133E; 2nd Level)
- **Appointment:** (800) 941-4501
- **Hours:** 7:30 a.m. to 4 p.m.

***NOTE:** Veterans should continue to call (800) 393-0865 for appointments.

Quilting to honor a hero (Cont.)

(Continued from page1)

combat operations in Vietnam. He was injured six months later and was presented the Purple Heart.

“I truly appreciate the care and love that went in to making the quilt -- and the Godly touch,” said Davenport.

This is the first Quilt of Valor presented at the Captain James A. Lovell Federal Health Care Center and one of nine being made for heroes throughout the United States by the Lake Forest and Libertyville chapters of the Delta Kappa Gamma Women Educators’ service group. More information about the Quilts of Valor Foundation can be found at www.qovf.org.